

Calizone - Original

Nutrition Facts

Serving Size 1/8 slice (105g)

Amount Per Serving

Calories 290 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 4g **20%**

 Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 720mg **30%**

Total Carbohydrate 30g **10%**

 Dietary Fiber 1g **4%**

 Sugars 2g

Protein 11g

Vitamin A 2% • Vitamin C 2%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4